



WELLNESSVIXEN™

• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<u>Kale and Eggs</u>	Banana and Almond Butter Sandwiches	<u>Kale and Eggs</u>	Leftover Sweet Potato Hash Browns and a Fried Egg	1/2 Avocado and Hard Boiled Egg with Hot Sauce
LUNCH	Sweet Potato Hash Browns and Chicken Apple Sausage	Leftover Cabbage Rolls	Sweet Potato Hash Browns and Chicken Apple Sausage	Leftover Cabbage Rolls	Leftover Asparagus and Bacon with 1/2 Avocado
DINNER	<u>Crock Pot Cabbage Rolls</u>	Leftover Cabbage Rolls with Garden Salad	Free Night!	<u>Honey Lime Salmon with Asparagus and Bacon</u>	Garden Salad with Leftover Salmon
SNACKS	Dried Mango	Beef Jerky	Olive Oil Potato Chips and Green Salsa	Carrot Sticks	Marinated Cucumber Slices



• GROCERY LIST •

MEATS

- Free Range Eggs (1 doz)
- Chicken Sausage (Applegate- 1 pack)
- GrassFed Ground Beef (Dey Dey's- 1 lb)
- Ground Pork (Jimenez-1 lb)
- Salmon (Wild Caught- 1.5 lbs)
- Bacon (Pederson's- 1 lb)

VEGGIES

- Kale (1 bunch)
- Sweet Potato (2)
- Green Onion (1 bunch)
- Yellow Onion (1)
- Thyme, Oregano, Basil (1 bunch each)
- Garlic (1 head)
- Cabbage (1 head)
- Lemon (1)
- Banana (2)
- Mixed Greens (1 bag)
- Micro Greens
- Apple (1)
- Carrots (2)
- Lime (2)
- Asparagus (1 bunch)
- Avocado (1)
- Cucumber (1)

OTHER

- Coconut Oil
- Hot Sauce
- Cayenne Pepper
- Crushed Tomatoes (1 large can)
- EVOO
- Dried Mango
- Almond Butter
- Apple Cider Vinegar
- Hemp Seeds
- Beef Jerky
- Olive Oil Potato Chips
- Green Salsa
- Raw Honey



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• PREP DAY TIPS •

- Put together the cabbage rolls and get them in the crock pot. This way, you'll have NO cooking on Monday!
- Shred and cook the sweet potato hash browns.
- Pop your chicken apple sausages on the grill or in a pan to brown. Slice and store.
- Put together a greens mixture with some of the kale, mixed greens.
- You can chop up carrots and green onion, cucumber (1 of the two) and apples for your salad. Just make sure to add a bit of lime for the apple. Store these ingredients and just grab a handful to top your salad for Tuesday's lunch and Friday's dinner.
- The morning before your eat your marinated cucumber slices, cut up the remaining cucumber, juice one lime, add a dash of salt and cayenne pepper.

• WEEKLY INSPIRATION •

TOP 5 BUDGETING TIPS

Ah, the proverbial budget again! It's elusive and never seems to stay around for long. Here are my top 5 fail proof tips to help you save money while you're eating like a champ!

1. Buy whole chickens- I can stretch one whole chicken into 3 meals and a stock. Check out this post on how to cut up a raw chicken.
2. Cook once, eat twice- this will save you time AND money. When you're creating your meal plans for the week, think if you can buy one protein and turn it into two meals. Double up on ground beef for Paleo burgers and lettuce tacos.
3. Obey the clean 15 and dirty dozen
4. Make coffee and tea at home and BYO Water- invest in a nice travel mug and water bottle. You'll save hundreds per month!
5. Make your own condiments- Condiments can be SO expensive! Make your own and make them in bulk, most of them freeze beautifully! Check out this post and this post.

REMINDER: Saturday and Sunday aren't included because Saturday should be your cheat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!

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